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Nutrition and Weight Control Self-Study Guide



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Navy Nutrition And Weight Control Self Study Guide

**Committee on Body Composition,
Nutrition, and Health of Military
Women, Food and Nutrition
Board, Institute of Medicine**

Navy Nutrition And Weight Control Self Study Guide:

Navy Nutrition and Weight Control Self-study Guide Leslie Cox, 1997 **Assessing Readiness in Military Women**
Committee on Body Composition, Nutrition, and Health of Military Women, Food and Nutrition Board, Institute of Medicine, 1998-01-15 U S military personnel are required to adhere to standards of body composition fitness and appearance to achieve and maintain readiness that is the maintenance of optimum health and performance so they are ready for deployment at any moment In 1992 the Committee on Military Nutrition Research reviewed the existing standards and found among other things that the standards for body composition required for women to achieve an appearance goal seemed to conflict with those necessary to ensure the ability to perform many types of military tasks This report addresses that conflict and reviews and makes recommendations about current policies governing body composition and fitness as well as postpartum return to duty standards Military Recommended Dietary Allowances and physical activity and nutritional practices of military women to determine their individual and collective impact on the health fitness and readiness of active duty women **Weight Management** Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, Subcommittee on Military Weight Management, 2003-12-01 The primary purpose of fitness and body composition standards in the U S Armed Forces has always been to select individuals best suited to the physical demands of military service based on the assumption that proper body weight and composition supports good health physical fitness and appropriate military appearance The current epidemic of overweight and obesity in the United States affects the military services The pool of available recruits is reduced because of failure to meet body composition standards for entry into the services and a high percentage of individuals exceeding military weight for height standards at the time of entry into the service leave the military before completing their term of enlistment To aid in developing strategies for prevention and remediation of overweight in military personnel the U S Army Medical Research and Materiel Command requested the Committee on Military Nutrition Research to review the scientific evidence for factors that influence body weight optimal components of a weight loss and weight maintenance program and the role of gender age and ethnicity in weight management All Hands , 1985 *Monthly Catalog of United States Government Publications* , 1998-07 Navy Nutrition and Weight Control Self-Study Guide Bureau of naval personnel washington dc, 1996 Obesity is defined as a condition of excess fatness The National Institutes of Health NIH has determined that a 20 percent increase in body weight above desirable body weight desirable as defined by NIH substantially increases the risk for high blood pressure heart disease diabetes elevated cholesterol and triglycerides Obesity is also considered a risk factor for some kinds of cancer and is associated with joint diseases gallstones and respiratory problems According to recent federal government statistics 32 percent of white females 48 percent of African American females 47 percent of Hispanic females and 32 percent of men of all races were overweight or obese Obesity has become an enormous public health problem Health care costs related to

overweight and sedentary lifestyle are now at over 100 billion a year To summarize increases in body weight of 20 percent or more above desirable body weight defines obesity and is a major health hazard The Naval Health Research Center NHRC San Diego was tasked with evaluating techniques for estimating body fat Since that time the Navy added the height weight tables as an initial screen with body fat assessed by the NHRC circumference tape measure as a final check for those who fail the height weight screen Weight for height is a less precise indicator of fatness than percent fat estimated from circumference tape measure Muscle weighs more than fat so therefore a very muscular person may fail height weight screening yet may meet body fat standards The 2 tiered system appears to work best for the Navy

Assessing Fitness for Military Enlistment National Research Council, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Youth Population and Military Recruitment: Physical, Medical, and Mental Health Standards, 2006-03-27 The U S Department of Defense DoD faces short term and long term challenges in selecting and recruiting an enlisted force to meet personnel requirements associated with diverse and changing missions The DoD has established standards for aptitudes abilities medical conditions and physical fitness to be used in selecting recruits who are most likely to succeed in their jobs and complete the first term of service generally 36 months In 1999 the Committee on the Youth Population and Military Recruitment was established by the National Research Council NRC in response to a request from the DoD One focus of the committee s work was to examine trends in the youth population relative to the needs of the military and the standards used to screen applicants to meet these needs When the committee began its work in 1999 the Army the Navy and the Air Force had recently experienced recruiting shortfalls By the early 2000s all the Services were meeting their goals however in the first half of calendar year 2005 both the Army and the Marine Corps experienced recruiting difficulties and in some months shortfalls When recruiting goals are not being met scientific guidance is needed to inform policy decisions regarding the advisability of lowering standards and the impact of any change on training time and cost job performance attrition and the health of the force *Assessing Fitness for Military Enlistment* examines the current physical medical and mental health standards for military enlistment in light of 1 trends in the physical condition of the youth population 2 medical advances for treating certain conditions as well as knowledge of the typical course of chronic conditions as young people reach adulthood 3 the role of basic training in physical conditioning 4 the physical demands and working conditions of various jobs in today s military services and 5 the measures that are used by the Services to characterize an individual s physical condition The focus is on the enlistment of 18 to 24 year olds and their first term of service

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